

Event Secretary: Adam Cross
4 Sharman Avenue, Watton, Thetford, IP25 6ED
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Promoting Club: Cycling Club Breckland
www.ccbreckland.info

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Sunday 27th July 2021 – B50/20 – Start Time: 1600
Cycling Club Breckland 50 (District Championship)

Event Headquarters: Morley Village Hall - Golf Links Rd, Morley St Peter, Wymondham NR18 9SU
As we have a full field, parking will be quite tight - please park considerately.
We use this for other Club & Open Events, so please be respectful of the facilities and the location.

The Start: Blackthorn Road, Attleborough

This is a residential area, there is no room to park here - please ride from the HQ. Please be considerate to locals, avoid crowding the start area / restricting local traffic flow. **DO NOT** use the hedges as a toilet, particularly Carver's Lane.

To ride to the start, turn right out of the HQ and right at the T Junction, follow the road and turn right at the A11 sliproad. Follow the one way system through Attleborough signposted towards Norwich and Watton passing the Esso Garage and Lidl. Descend to the traffic lights and turn left, Blackthorn Road is then on the left.

B50/20 (Attleborough – Snetterton – Wymondham – Attleborough Circuit)

- **START** at paint mark on road adjacent to A11 westbound slip road – Attleborough (B10/3B Start) join A11 via slip road
- Proceed westbound onto A11, crossing the Attleborough RAB and proceed on A11 to exit onto slip road signed 'Snetterton Circuit/Horse Welfare' (brown sign)
- Take slip road to first RAB and take first exit. At second RAB take first exit, continue over A11 (bridge) to third RAB where take first exit. At fourth RAB take first exit to slip road to join A11
- Proceed eastbound to start of circuit 0.64 miles before RAB (6.12 miles)
- Start Circuit: continue eastbound, crossing Attleborough RAB, passing all junctions
- Take slip road signed 'Mulbarton' and take slip road to RAB. Take third exit across bridge to second RAB. Take second exit (slip road to A11 westbound)
- Retrace on A11 passing all slip roads to Snetterton Circuit/Horse Welfare slip road. Exit and retrace over bridge and RABs to rejoin A11 eastbound. Proceed on A11 to complete circuit 0.64 miles before RAB (28.06 miles)
- Complete circuit again to **FINISH** at paint mark 0.64 miles before RAB (50.00 miles)

In basic terms Start - Snetterton - Mulbarton/Browick - Snetterton - Mulbarton/Browick - Snetterton - Finish 0.64 miles before Stag Attleborough RAB

Time Keepers Start: Michael & Frida Finish: Andy Moore & Emily Davis

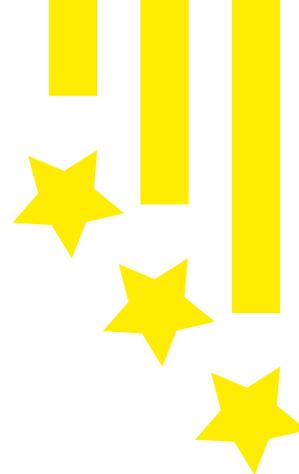
Observer Andy Moore

Marshalls Browick: Bruce Williams, Mick Wood, Phil Hollingsworth, Roger Sayer
Snetterton: Paul Cross, Debbie Cross, Nick Gyde

Simply Just Coffee, run by local rider Phil, will be at the HQ serving up the finest coffee and other hot drinks

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Please take note of the following Covid 19 guidance:

Social distance rules apply to all riders, helpers, marshals and time keepers — please be respectful and keep us all safe.

Please do not attend the event if you or any member of your support crew or family shows symptoms of Covid 19.

An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately.

Do not go to the start line, if you feel this is the case and notify the organizer of your intention not to start as a result of an adverse warmup.

Toilet Facilities Please Queue in the hall foyer — please use sanitizer when entering.
You MUST NOT use the Toilet as a changing room. Please arrive ready to race as best you can or make arranges to change ‘discreetly’ in your vehicle.

Signing on/off — Please bring and use your own pen.

Your Race Number will have been cleaned and handled in line with Covid — 19 Guidelines. Please pick up only your number. Please remember to sign off using your own pen.

Attn. All competitors — Please remember all competitors are now required to PERSONALLY sign the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.

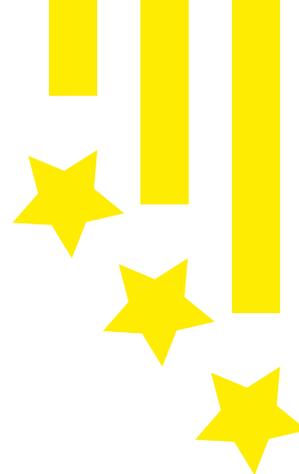
Race numbers Please place your Race Number low on your back. If you are using a Triathlon style number belt you must also pin the number at the bottom so that the time keepers can see your number.
At the end of the event please place your numbers in the bucket provided.

Start area There is ample space to form a queue along the pavement — please maintain a 2m distance between riders
Do not over crowd the start area. There will be no pusher off.
DO NOT use the hedges as a toilet - this is a residential area. Anyone caught will be DQ'd

Finish Please do not form a gathering in the carpark or any other areas of the HQ, sign off use your own pen and place your race numbers in the bucket provided. Please pack up and leave at your earliest convenience upon completion of your ride. There will be no result board or results issued on the day.

The Race By the nature of Time Trialling it complies with social distancing quite nicely, however, please be mindful when catching and passing a competitor to pass first safely and a reasonable distance.

It is advisable to have a mobile phone on your person (Please abide by CTT Regulations)



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Course Records:

Solo Male 1:38:51 Mark Smith 15-Aug-20 | C.C.Breckland (East District Championship)

Solo Female 1:51:27 Jackie Field 15-Aug-20 | C.C.Breckland (East District Championship)

Tandem 1:37:47 Ian Greenstreet, Rachael Elliott 15-Aug-20 | C.C.Breckland (East District Championship)

EAST DISTRICT LOCAL REGULATIONS

U-TURNS will not be permitted on the course or roads adjacent to the START and FINISH whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee.

A U-TURN is defined as a "180-degree turn completed within the width of the carriageway whilst astride the machine". It is recommended that riders should dismount - check the road is clear in both directions -then, with machine, walk across the road.

WARMING UP - NO warming-up along the course once the event has started.

In the interests of your own safety Cycling Time Trials strongly advise you to wear a **HARD SHELL HELMET** that meets an Internationally accepted safety standard. All competitors under the age of 18 and/or Juniors **MUST** wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

CTT Regulations:

Rear Lights No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Covering the Course: The onus of keeping to the course rests with each rider.

Awareness of Surroundings

- Competitors must not use ANY audio equipment except prescribed hearing aids
- Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing
- N.B. A competitor in breach of this regulation shall be disqualified
- N.B. Competitors must not use a mobile phone while mounted on their machine

Head up and ride safe!

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